



Pool Schedule

In Effect Oct.7 to Dec.31

Main Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Length Swim 7 - 11 a.m. (6 Lanes 25m)</p> <p>Closed 11 - 11:30 a.m. (No Lanes)</p> <p>Length Swim 11:30 a.m. - 5:30 p.m. (2 Lanes 25m)</p> <p>Closed 5:30 - 6 p.m. (No Lanes)</p> <p>Length Swim 6 - 10:30 p.m. (6 Lanes 25m)</p>	<p>Length Swim 5:30 - 8:30 a.m.</p> <p>Oct 7 - Nov 13 (8 Lanes 25m)</p> <p>Nov 18 - Dec 31 (4 Lanes 50m)</p> <p>Closed 8:30 - 9 a.m. (No Lanes)</p> <p>Length Swim 9 a.m. - 12:30 p.m. (4 Lanes 25m)</p> <p>Length Swim 12:30 - 1:30 p.m. (2 Lanes 25m)</p> <p>Length Swim 1:30 - 3 p.m. (4 Lanes 25m)</p> <p>Length Swim 3 - 8:45 p.m. (2 Lanes 25m)</p> <p>Closed 8:45 - 9:15 p.m. (No Lanes)</p> <p>Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m)</p> <p>Stroke Correction Drop In 9:30 - 10:15 p.m.</p>	<p>Length Swim 5:30 - 8:30 a.m. (4 Lanes 50m)</p> <p>Closed 8:30 - 9 a.m. (No Lanes)</p> <p>Length Swim 9 a.m. - 3 p.m. (4 Lanes 25m)</p> <p>Length Swim 3 - 7:45 p.m. (2 Lanes 25m)</p> <p>Closed 7:45 - 8:15 p.m. (No Lanes)</p> <p>Length Swim 8:15 - 10:30 p.m. (6 Lanes 25m)</p>	<p>Length Swim 5:30 - 8:30 a.m.</p> <p>Oct 7 - Nov 13 (8 Lanes 25m)</p> <p>Nov 20 - Dec 31 (4 Lanes 50m)</p> <p>Closed 8:30 - 9 a.m. (No Lanes)</p> <p>Length Swim 9 a.m. - 12:30 p.m. (4 Lanes 25m)</p> <p>Length Swim 9 a.m. - 12:30 p.m. (4 Lanes 25m)</p> <p>Length Swim 12:30 - 1:30 p.m. (2 Lanes 25m)</p> <p>Length Swim 1:30 - 3 p.m. (4 Lanes 25m)</p> <p>Length Swim 3 - 8:45 p.m. (2 Lanes 25m)</p> <p>Closed 8:45 - 9:15 p.m. (No Lanes)</p> <p>Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m)</p> <p>Stroke Correction Drop In 9:30 - 10:15 p.m.</p>	<p>Length Swim 5:30 - 8:30 a.m. (4 Lanes 50m)</p> <p>Closed 8:30 - 9 a.m. (No Lanes)</p> <p>Length Swim 9 a.m. - 3 p.m. (4 Lanes 25m)</p> <p>Length Swim 3 - 7:45 p.m. (2 Lanes 25m)</p> <p>Closed 7:45 - 8:15 p.m. (No Lanes)</p> <p>Length Swim 8:15 - 10:30 p.m. (6 Lanes 25m)</p>	<p>Length Swim 5:30 - 8:30 a.m. (4 Lanes 50m)</p> <p>Closed 8:30 - 9 a.m. (No Lanes)</p> <p>Length Swim 9 a.m. - 12:30 p.m. (4 Lanes 25m)</p> <p>Length Swim 12:30 - 1:30 p.m. (2 Lanes 25m)</p> <p>Length Swim 1:30 - 3 p.m. (4 Lanes 25m)</p> <p>Length Swim 3 - 8:45 p.m. (2 Lanes 25m)</p> <p>Closed 8:45 - 9:15 p.m. (No Lanes)</p> <p>Length Swim 9:15 - 10:30 p.m. (6 Lanes 25m)</p>	<p>Length Swim 5:30 - 9 a.m. (4 Lanes 25m)</p> <p>Closed 9 - 9:30 a.m. (No Lanes)</p> <p>Length Swim 9:30 - 2 p.m. (2 Lanes 25m)</p> <p>Length Swim 2 - 5:30 p.m. (5 Lanes 25m)</p> <p>Closed 5:30 - 6 p.m. (No Lanes)</p> <p>Length Swim 6 - 10:30 p.m. (6 Lanes 25m)</p> <p>This entire schedule is subject to change without notice</p>
					<p>Scan for the most up-to-date schedule</p> 	
					<p>Updated 09/24/2024</p>	

Facility Hours: Sun. 7 a.m. - 10:30 p.m. Mon. to Sat. 5:30 a.m. - 10:30 p.m.

Holiday Hours: 10:30 a.m. - 10:30 p.m.



Aquafit Schedule

In Effect Oct.7 to Dec.31

Leisure Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Gentle Aquafit 8:15 - 9:15 a.m.	Gentle Aquafit 8:15 - 9:15 a.m.	Gentle Aquafit 8:15 - 9:15 a.m.	Gentle Aquafit 8:15 - 9:15 a.m.	Gentle Aquafit 8:15 - 9:15 a.m.	

Main Pool

Deep Aquafit 9:30 a.m.	Zumba Aquafit 9:45 - 10:45 a.m.	Deep Aquafit 9:45 - 10:45 a.m.	Aquafit Plus 9:45 - 10:45 a.m.		Zumba Aquafit 9:45 - 10:45 a.m.	
	Deep Aquafit 11:45 a.m. - 12:45 p.m.	Shallow Aquafit 11:45 a.m. - 12:45 p.m.	Deep Aquafit 11:45 a.m. - 12:45 p.m.	Shallow Aquafit 11:45 a.m. - 12:45 p.m.		
	Shallow Aquafit 1 - 2 p.m.	Water Running 1:15 - 2:15 p.m.	Shallow Aquafit 1 - 2 p.m.	Deep Aquafit 1:15 - 2:15 p.m.		
	Aquafit Plus 7:45 - 8:45 p.m.	Deep Aquafit 8:15 - 9:15 p.m.	Aqua Boot Camp 7:45 - 8:45 p.m.	Deep Aquafit 8:15 - 9:15 p.m.	Zumba Aquafit 7:45 - 8:45 p.m.	

Aqua Fit schedule on STAT holidays: Shallow Fit 1-2 p.m. & 7:45-8:45 p.m.

Schedule subject to change without notice.

Special Information

Little Dippers Adult and Tot Swim 10:30 - 11:30 a.m. Tue/Thu \$1.00/person	Waves & Slide Rotate Daily 10:30 a.m. - 8:30 p.m.	Women's Only Swim 8 - 10 a.m. Oct 14, Nov 11, Dec 26	Tournament Dates Oct 11 Oct 21 Nov 8 - 10 Nov 30 - Dec 1 Dec 14 - 15	Scan for the most up-to-date schedule  Updated 09/24/2024
Toonie Swim Daily 9:30 - 10:30 p.m.	Diving Boards: Fri. 5 - 8:30 p.m. Sat. 11 a.m. - 5:30 p.m. Sun. 2:30 - 5:30 p.m.	Family Swim 6:30 - 9:30 p.m. Saturday \$3.29/Person		